



Live Your Dreams

Commit and Prepare



Start to live your dreams. Map your route – on your terms!

Action Steps

1. Commit to your goal. Write down your commitment, along with a target date.
2. Write down at least 3 actions you will take to move you towards your goal.
3. For each step, identify:
 - 3.i. Completion date
 - 3.ii. What resources you need
 - 3.iii. Potential obstacles
4. Evaluate each step and question whether the obstacles and resources align with the realization of who you are, or whether old beliefs are influencing your decisions.
5. What new boundaries do you need to draw? Where do you need to say no?
6. Write down 10 reasons to celebrate success this week.
 - 6.i. What have you done to take steps that are aligned with your vision?
 - 6.ii. What results have you seen? You're not looking for approval from anyone else here. This is about you.

Bonus Materials

1. [9 Attributes That Make you Unique](#)
2. [9 Lessons from the Shifter](#)
3. [9 Interferences with Line of Sight](#)